



Flavorful Mexican Mole

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



8

CALORIES



176 kcal

SIDE DISH

Ingredients

- 3 ounces bittersweet chocolate melted
- 2 tablespoons garlic minced
- 8 jalapeño peppers fresh
- 0.3 cup raisins
- 20 roma tomatoes (plum)
- 0.3 cup sesame seed
- 1 quart vegetable stock
- 0.3 cup walnuts crushed

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- blender
- plastic wrap
- broiler

Directions

- Preheat the oven broiler.
- Place the tomatoes and jalapeno peppers on a baking sheet, and broil about 5 minutes, turning once, until they have begun to scorch on all sides.
- Remove from heat.
- Transfer the peppers to a bowl, and cover tightly with plastic wrap until cooled, about 15 minutes. Slip the skins off the peppers, slit peppers open, and remove the seeds.
- In a blender or food processor, blend the tomatoes, peppers, walnuts, sesame seeds, raisins, chocolate, and garlic.
- Heat a skillet sprayed with cooking spray over medium high heat. Cook and stir the blended mixture in the skillet until heated through.
- Return the mixture to the blender. Blend in enough of the vegetable stock to make a slightly thick sauce. Cool, and store in the refrigerator until ready to use.

Nutrition Facts



PROTEIN 8.67% FAT 48.01% CARBS 43.32%

Properties

Glycemic Index:32.35, Glycemic Load:4.83, Inflammation Score:-8, Nutrition Score:13.598260788814%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 175.55kcal (8.78%), Fat: 9.96g (15.32%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 15.78g (5.74%), Sugar: 9.7g (10.77%), Cholesterol: 0.64mg (0.21%), Sodium: 484.78mg (21.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 4.05g (8.09%), Vitamin C: 38.76mg (46.98%), Vitamin A: 1700.83IU (34.02%), Manganese: 0.66mg (32.76%), Copper: 0.56mg (28.17%), Fiber: 4.44g (17.74%), Magnesium: 67.43mg (16.86%), Potassium: 553.13mg (15.8%), Vitamin K: 15.73µg (14.98%), Vitamin B6: 0.29mg (14.43%), Iron: 2.29mg (12.74%), Phosphorus: 126.9mg (12.69%), Vitamin E: 1.44mg (9.62%), Calcium: 93.18mg (9.32%), Folate: 36.87µg (9.22%), Vitamin B1: 0.14mg (9.16%), Zinc: 1.19mg (7.96%), Vitamin B3: 1.58mg (7.88%), Selenium: 3.59µg (5.13%), Vitamin B2: 0.08mg (4.46%), Vitamin B5: 0.25mg (2.52%)